

ActivAge Centers Menu

October 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Swiss Steak Zucchini Casserole Mandarin Orange Slices / Pineapple Tidbits W.W. Bread/ Margarine Pumpkin Bar Coffee, Milk, Tea	3 Chicken ala King over Biscuit Garnished with Chow Mein Noodles Spinach Waldorf Gelatin Salad Banana Pudding Coffee, Milk, Tea	4** Meatball Stew Cottage Cheese Pear Half Cornbread Margarine/Honey Orange Sherbet Coffee, Milk, Tea	5 Lemon Pepper Chicken Corn Casserole Pineapple Mallow Slaw Potato Bread/ Margarine Fruit Coffee, Milk, Tea	6 Turkey Tetrzzini Carrot Coins Berry Cheese Tossed Salad W.W. Bread/ Margarine Warm Scalloped Apples / Vanilla Ice Cream Coffee, Milk, Tea	7 <i>Saturday Meals Only at Downtown ActivAge Center</i> Turkey Slice/Gravy Mashed Potatoes Green Bean Salad Rye Bread/ Margarine Sliced Peaches Coffee, Milk, Tea
9 Baked Fish Tarter Sauce Harvard Beets Applesauce Gelatin Salad Sourdough Bread/ Margarine Cranberry-Walnut Cookie Coffee, Milk, Tea	10** Ham Slice Scalloped Potatoes Asparagus Apple-Cinnamon Muffin/ Margarine Mixed Fruit: Peaches, Pears, Grapes Coffee, Milk, Tea	11 Oven Fried Chicken Green Bean Casserole Marinated Carrot Salad W.W. Dinner Roll / Margarine Apricots Coffee, Milk, Tea	12 Spaghetti Bake Spinach Salad / Ranch Dressing Peach Half Breadstick/ Margarine Butterscotch Pudding Coffee, Milk, Tea	13 Salisbury Steak/ Vegetable Gravy Mashed Potatoes Easy Fruit Salad Sourdough Bread/ Margarine Brownie Coffee, Milk, Tea	14** Lasagna Baby Lima Beans Orange Juice Italian Bread/ Margarine Oatmeal Raisin Cookie Coffee, Milk, Tea
16 Chili (Cheese & Onions) Crackers Vegetable Gelatin Salad Apple Juice Cinnamon Roll Coffee, Milk, Tea	17 Cube Steak/ Mushroom Gravy Gourmet Potatoes Broccoli/Cheese/ Raisin Salad W.W. Bread/ Margarine Sliced Peaches Coffee, Milk, Tea	18 BBQ Pork Ribette Sandwich Bun Peas & Carrots Strawberries/ Pears Jello Cake with Non Dairy Whipped Topping Coffee, Milk, Tea	19 Salmon Filet Tarter Sauce Parmesan Potatoes Cauliflower Salad Raisin Bread/Margarine Tropical Fruit Coffee, Milk, Tea	20 Chicken Breast with Tomato Basil Sauce Rice, Green Beans Orange Juice Italian Bread/ Margarine Bread Pudding/ Vanilla Sauce Coffee, Milk, Tea	21** Hot Dog & Bun Hash Brown Bake Layered Lettuce Salad Mandarin Orange Slices Coffee, Milk, Tea
23 Shepherd's Pie Mashed Potatoes Five-Cup Salad Dinner Roll/Margarine Snickerdoodle Cookie Coffee, Milk, Tea	24 Meat Loaf/Catsup Parslied Potatoes Halloween Salad W.W. Bread/Margarine Pound Cake/Blueberry Sauce, Non-Dairy Whipped Topping Coffee, Milk, Tea	25 Roast Beef & Gravy Mashed Potatoes Apricot Nectar Gelatin Salad Raisin Bread/Margarine Strawberry Ice Cream Coffee, Milk, Tea	26 Smothered Pork Chop Rice Pilaf Three-Bean Salad Rye Bread/ Margarine Fresh Apple/Carmel Dip Coffee, Milk, Tea	27 Hamburger Patty on a Bun California Vegetable Cheese Soup Pistachio Salad Banana Nut Bar Coffee, Milk, Tea	28 Beef Sausage Gravy Mixed Vegetables W. W. Bread/ Margarine Pudding Coffee, Milk, Tea
30 BBQ Chicken Au Gratin Potatoes Cucumber/Tomato Salad W.W. Bread/ Margarine Peach Crisp Coffee, Milk, Tea	31 Pork Tenderloin Sandwich Bun Whole Kernal Corn Cinnamon-Rosy Applesauce Macadamia Delight Cookie Coffee, Milk, Tea				** Low Sodium Entree Available

October 6 Day Sack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Sliced Turkey Sandwich Mayonnaise/Mustard Celery Sticks Apple Granola Bar Milk	3 Peanut Butter & Jelly Sandwich Grapes Pretzels Sherbet Milk	4 Sloppy Joe W. W. Bun Applesauce Dill Pickle Spear Cookie Milk	5 Cheese Sandwich Mayonnaise/Mustard Tomato/ Zucchini Salad Juice Rice Crispy Bar Milk	6 Roast Beef Sandwich Mayonnaise/Mustard Pea Salad Raisins Angel Food Cake Milk	7 Manhattan Deli Pasta Salad Mandarin Orange Slices Assorted Crackers Pudding Milk
9 Beef Stew Juice Biscuit Margarine/Honey Cake Milk	10 Chicken Salad Sandwich/Lettuce Mayonnaise/Mustard Potato Salad Diced Apples with Cinnamon Cherry Orchard Bar Milk	11 Ham Sandwich Croissant Tropical Fruit V-8 Juice Cheesecake Milk	12 Turkey and Cheese Sandwich Mayonnaise/Mustard Pickled Beets Fruit Cocktail Cookie Milk	13 Italian Pasta Salad with Chicken Mixed Fruit Cup Assorted Crackers Nutrigrain Bar Milk	14 Tuna Salad Sandwich Tomato Slices Apricot Nectar Pumpkin Bar Milk
16 Hawaiian Chicken Salad Coleslaw Dinner Roll/ Margarine Pudding Milk	17 Beans & Franks Stewed Tomatoes Bread/Margarine Orange Milk	18 Chef Salad w/ Diced Ham Black Olives/ Shredded Cheese Lite Dressing Diced Pears W.W. Dinner Roll/ Margarine, Cookie Milk	19 Peanut Butter & Jelly Sandwich Cottage Cheese Apricots Rice Krispie Bar Milk	20 Seafood Salad Vegetable Pasta Salad Sliced Peaches Dinner Roll/ Margarine Pudding Milk	21 Turkey Ranch Pasta Salad Carrot Sticks/ Ranch Dressing Muffin/Margarine Diced Apples w/ Cinnamon Milk
23 BBQ Beef on a Bun Cole Slaw Mandarin Orange Slices Cake Milk	24 Spinach/Tossed Salad with Diced Chicken & Cheese Lite Dressing Banana Assorted Crackers Cookie Milk	25 Sliced Turkey Sandwich Mayonnaise/Mustard Celery Sticks Apple Granola Bar Milk	26 Peanut Butter & Jelly Sandwich Grapes Pretzels Sherbet Milk	27 Sloppy Joe W. W. Bun Applesauce Dill Pickle Spear Cookie Milk	28 Cheese Sandwich Mayonnaise/Mustard Tomato/ Zucchini Salad Juice Rice Crispy Bar Milk
30 Roast Beef Sandwich Mayonnaise/Mustard Pea Salad Raisins Angel Food Cake Milk	31 Manhattan Deli Pasta Salad Mandarin Orange Slices Assorted Crackers Pudding Milk				